

Abstract of the Disclosure

The disclosed invention relates to an exercise bag specifically designed to accommodate the practice routines of the martial arts and kick-boxing practitioner. The bag features a suspendable enclosure having a bottom, a removable top and a continuously curving side. The enclosure is fabricated from a durable material and encloses a padded structure which, in turn, envelopes a water-tight resilient container that can be easily removed and re-inserted to facilitate toting.